

MISSION STATEMENT

To advocate for older adults,
to identify their needs, to
meet their health, economic,
social and cultural independ-
ence and to improve their
quality of life.

SENIOR CENTER

9 School Street

Amesbury, MA 01913

PH: 978-388-3138

TDD: 978-388-8140

FAX: 978-388:8144

HOURS

Monday – Friday

8:00 AM – 3:30 PM

Printed July 2, 2004

STAFF

Director

Pamela Brown, M.S.W.

Civilian Police
Liaison/Receptionist

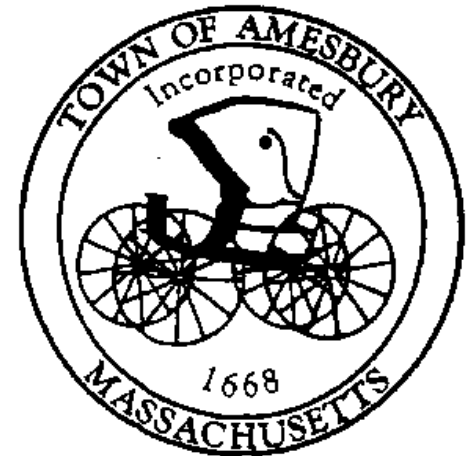
Inge Cook

Office
Manager/Receptionist

Paula Klein

Van Driver
Eric Hammershoy

TOWN OF AMESBURY



COUNCIL ON AGING

Education

Basket Weaving

Computer Classes

Oil Painting

Workshops/Speakers

Exercise & Fitness

Bowling

Low impact exercise class

Walking Group

Health & Wellness

Health Clinic

- Blood Pressure
- Blood Sugar Testing
- Review of your Medication

Flu Clinic

Hearing Clinic

Podiatry Clinic

Hot Lunch

Is served ever weekday at 11:20 AM. The suggested donation is \$2.00 per meal. Reservations must be made two days in advance. Call Jody, at 978-388-2554, from 9:30 AM -1:00 PM.

Home Delivered Meals

They are available for home-bound elders. Call Elder Services of Merrimack Valley at 800-892-0890 to make a referral.

Outreach

Food Pantry

Fuel Assistance

Health Care Proxy

Home Visits

Housing Options

Information & Referral

Legal Services

S.H.I.N.E. Counseling

Recreation

Bingo

Birthday Party (monthly)

Book Discussion

Bridge

Michigan Rummy

Movies

Transportation

The Van is available to seniors and disabled adults for transport to local appointments. Call 978-388-8138 to schedule your appointment at least 24 hrs. in advance.

Out-Of-Town Medical

For medical appointment rides out side of Amesbury call 978-388-8138. We will assist you through the NEET Program.

Volunteer Opportunities

By giving of your time and energy you help to make this a more caring community.